

Edith O'Leary Senior Center Newsletter

Fall 2022 Volume 53

157 Park Street, North Reading, MA 01864

Dept. of Elder Services

Tel: 978-664-5600

Email Address

seniorcenter@northreadingma.gov

Senior Center Hours:

Mon.-Thur. 8am-4pm

Fri. 8am-1pm

Director

Kim Manzelli (starts mid-November)

Administrative Assistant

Sherri Greer

Outreach Coordinator

Susan Tilton

Program Manager

Jean Fitzgerald

Van Drivers

Bill Rasmussen, Mike Lawlor

Public Health Nurse

Pam Merrill

Meal Site Coordinator

Kathy Sumner

Home Delivered Meals Driver

Bob Grady

Council on Aging Board

Andrea Gladu

Daniel Greenberg

Katherine McCabe-Scott

Liaisons

Sgt. Derek Howe, Police

Deputy Fire Chief

Barry Galvin

Selectman

Rich Wallner

Friends of the COA Officers

Hugo Wiberg III, President

Angela Mauceri, Vice President

Tom DeSwarte, Treasurer

Maureen Doucette, Secretary

Veteran's Agent

Susan Magner

COUNCIL ON AGING MISSION STATEMENT

The Council on Aging advocates for older adults by helping to meet their needs in areas of health, economic, social and cultural welfare. The Council encourages maximum independence and seeks to improve the quality of life for citizens of the Town of North Reading.



Director of Elder Services Kim Manzelli



The seasons are changing in New England and so are things at the Edith O'Leary Senior Center! I am pleased to introduce myself as the new North Reading Director of Elder Services. I have had the privilege of working in the human services field in the local area for over forty years, and to have lived in North Reading with my family for twenty years. Time certainly does fly! I am very excited to join the team at the senior center, and hope that you can stop in soon for an upcoming program, or just to say hello.

Outreach Coordinator Susan Tilton

The fall season always brings on change and new beginnings. The newsletter highlights some new programs and promotes other Town Offices and what they have to offer as well. October is the start of open enrollment and the SHINE counselor is available for in-person appointments. The Center has been serving cold lunches on Wednesday and starting in November hot lunches will be served on Tuesdays. Several speaker programs will be offered at the Center and you are welcome to sign up for lunch and stay or just sign up for the speakers. Chair Dancing is gaining popularity. As always we are still offering our exercise programs including Emma Palmer who has been teaching for over 40 years; don't try to do the math she still looks like she is 16 years old. Sherri Greer and Jean Fitzgerald are working on Monthly Events including Halloween, Fall Festival and December Holiday Parties with entertainment being offered at the Center. We are looking forward to seeing you and meeting new friends.

DINING

Lunches at the Center serves cold lunch on Wednesdays at noon time. Starting in November hot lunches will be served on Tuesdays at noon time. Please call by noon the day before to make a reservation for lunch. \$2.00 donation

Special Event Lunches may happen on one Thursday a month at noon with reservations required. The pricing of the meal will be advertised closer to the event. Please call 2 business days in advance to reserve your seat.

Home Delivered Meals Mystic Valley Elder Services (781) 324-7705, Ext. 300

Eating Local – Once a Month We look forward to supporting our local eateries. Diners are responsible for their own meals and gratuity. However, the van service and the comraderie are FREE! This is a fun way to enjoy lunch with old and new friends. Van seating is limited to 7 passengers. Call the Center for details.

Senator Tarr’s Office Hours: MaryAnn Nay Community Outreach Specialist for Senator Bruce Tarr’s office will listen to your concerns and answer your questions. In-person meeting at the Center walks are welcome: Oct 13th, Nov 10th, Dec 15th 9:30-10:30 a.m.

Fuel Assistance aka LIHEAP (Low Income Home Energy Assistance Program) aid is available to pay a portion of winter heating bills for your primary heat source. Qualified payments will be made directly to the fuel provider.

You may qualify if the total annual gross income for all household members meets state and federal guidelines.

2022-2023	Income Guidelines
Household Members	Maximum Income*
1	\$42,411
2	\$55,461
3	\$68,561
4	\$84,561

Applications accepted November 1st thru April 30th. Contact the staff at the Edith O’Leary Senior Center 978-664-5600 for more information. Greater Lawrence Community Action Council’s LIHEAP office. Call (978) 681-4950

TRANSPORTATION

Senior Center Van Transportation: The Van is available Monday thru Thursday 8:30 to 3:30 and Friday 8:30 to 12:30 for in-town transportation, Call the Senior Center to inquire about times of availability. Rides go to and from the Center for activities, meetings and events. **Shopping in town** rides can be worked in during the day to Stop and Shop, Walmart, Dollar Store and Pharmacies. Errands to UPS, Post Office or Banks. Personal Care Hair Dressers, Barber or Nail Salons. Local Medical Appointments in town including Winchester Health Center on Salem Street, Wilmington and Lahey Health Center on Concord Street Wilmington.

1 Business Day notice is required to schedule a ride.

Need a Ride? Call TRIP: If you need to go places and you don't or can't drive, here's an easy solution. Designate a friend or neighbor as your TRIP driver and that person will take you wherever you need to go. As your designated driver, they will be fully reimbursed for the miles they drive you. So it's a win-win situation for everyone! To apply, contact MVES at 781-324-7705. Get out and enjoy life!

Ring & Ride of North Reading: Transportation service, (MVRTA) Merrimack Valley Regional Transit Authority, also so known as the Ring & Ride of North Reading. This service is available only for North Reading residents 60 years or older and disabled veterans, exclusively for medical appointments to certain cities and towns. The van is wheelchair accessible.

Brochures for the Ring and Ride are available at the Senior Center and Town Hall. The brochure outlines how to make appointments, the 18 cities and towns included, and how much it will cost to get a round trip ride to your appointment.

Riders are responsible to make their own reservations at least 24 hours in advance by calling the Ring & Ride directly. MVRTA 978-469-6878, Option #3. Register Today! Please note that operations and locations for the MVRTA are subject to change during the pandemic. Call as soon as you can in advance of your ride to get the latest procedures and updates.

Renewing your License or Obtaining your Real ID: Massachusetts law requires drivers who are 75 years of age or older to renew in person. Hours 9 to 10 a.m. The RMV is still holding senior hours on Wednesdays for in-person business. Make a reservation with them online at Mass.Gov/RMV or call the RMV directly at 857-368-8005 Email the RMV for assistance to renew at MassDOTRMVSeniors@dot.state.ma AAA is also assisting members in-person in their local offices. Confirm an appointment time at aaa.com/appointments

Real ID deadline: Date Changed to May 3rd, 2023

Real ID Presentation December 20th 1:00 p.m.

Snow Day Policy If North Reading School is cancelled then transportation and programs at the Senior Center will be cancelled for that day. If there is a delayed start to schools then the events for that day will be cancelled. If you have any questions call the Center . Staff will be in the building or retrieving messages remotely.

Wastewater Planning Information Session

A Special Town Meeting is anticipated to be called for December 5, 2022 to consider authorizing funding for a wastewater construction project. Residents are encouraged to attend an information session to learn about the benefits and costs associated with this project, and ask any questions they may have.

Tuesday, November 2 at 12:30pm

The Department of Public Works has established a wastewater (sewer) planning page on the Town website. For more information, please visit www.northreadingma.gov/new-sewer-information. You may also email the Department of Public Works at sewer@northreadingma.gov with questions or comments.

State Election

Tuesday November 8th

7 am to 8 pm

Saint Theresa Church 63 Winter Street

Note: Handicap parking is available on the right-hand side lot close to the Parish Center glass doors. If you have difficulty walking please let election staff or the officer know during your visit. Also if you need a ride please contact the Senior Center to arrange a ride during van hours 8:30 to 3:30 call 978-664-5600.

Veteran's Lunch

November 10th

Thursday

12:00 Noon

O'Leary Senior Center

157 Park Street

North Reading, MA 01864

Call the Senior Center at 978-664-5600

by Monday November 7th

for reservations or if you need a ride,

This special lunch is for veterans only please.

Sponsored by the North Reading Little League

Veteran's Day And Purple Heart Ceremonies – Friday

November 11, 2022

157 Park Street

North Reading

1100 Sharp

Town Common

At the top of the hill by the flag pole

North Readings Veteran's Services are excited to say we will also incorporate a formal ceremony for North Reading to become a Purple Heart Community and be added to the Purple Heart Trail which runs throughout the United States.

We are looking for Purple Heart Recipient's names, branch of service and war era. If you are or you know of a Purple Heart Recipient please contact the North Reading Veterans Department. We are looking for Purple Heart recipients who would be willing to tell their story on Veterans Day.

To inform our office that you are a Purple Heart Recipient please send your email to: nrvets@northreadingma.gov OR call 978-357-5211.

Veteran's 12th Annual Dinner Honoring Our Warriors and Veterans

Tewksbury Country Club

1880 Main Street Rte 38

Tewksbury, MA 01876

Thursday

November 17th

5– 9 pm

doors opening at 4pm

There will be assigned seating, so if you want to be seated with someone(s) specific please note that when requesting tickets. If you require special accommodations such as close to the restroom, special meal or wheel chair at table please advise us when you order your tickets.

Check out the Veteran's Department webpage and the North Reading Transcript for updates and when tickets will be available.

All tickets must have a name attached to each ticket – no exceptions.

Deadline for ticket requests is Monday, November 7th

To make your reservation either send an email to: nrvets@northreadingma.gov OR call 978-357 5211. We will need to know the name of the veteran, their branch of service and the era of service.

Exercise and Strength training with Emma Palmer is low impact exercise that incorporates gentle stretching, toning with or without hand weights. Overall it is a great work out, non-stop movement for 1 hour. Emma has been teaching for over 40 years. She encourages humor and people enjoy her light-heartedness while exercising.

Strength Training Monday and Friday at 9 am

Chair Dancing with Jan Spillane Jan is a certified Music Therapist, Yoga Instructor, and Dementia Practitioner. She offers fun, multisensory classes for seniors including chair dancing, chair drumming. These programs are creative, fun and employ proven music therapy methods for generating lots of enthusiasm, movement, joyful emotions and cognitive processing. The classes will get your heart rate going and they are uplifting as well inspiring.

Chair Dancing Wednesday 10 am

Exercise Classes on Public Access Channels Comcast Channel 8, Verizon Channel 26, **Exercise with Emma** on Monday, Tuesday, Wednesday, Thursday at 9:30 a.m. Fridays it might start at 9:37 due to programming. **B.E.S.T. with Pat** is on Tuesday, Wednesday and Thursday 8:30 a.m. Both the exercise classes new and old are offered on NorCam's Youtube Channel. You can play them on the computer whenever you like.

“Magic” of Halloween Party

Thursday, Oct 27th
12 Noon
Beef Burgundy Lunch
\$5 donation
Magician Henri Marchand
Costumes are encouraged

Holiday Party

Thursday, Dec 15th
12 Noon
Pot-roast Lunch
\$5 Donation
Delvina Theatre
A Christmas Carol

Fall Festival Party

Thursday, November 22nd
12 Noon Lunch
\$5 Donation

Matt York, New England musician and author, will perform “The Highwaymen - Songs and Stories.” The Highwaymen were a country super group led by Willie Nelson and Johnny Cash, Waylon Jennings and Kris Kristofferson. The show is a blend of songs and stories about their careers. Matt was recently nominated as Best Country Artist by the Boston Music Awards and his album *Bruisable Heart* was named one of the Boston Globe's best albums of 2019. We would like to thank the North Reading Cultural Council for funding this performance.

Wii Bowling Team Tournament: The O’Leary Senior Center’s Wii Bowling Team will be meeting alternately once a month with the team from another local Senior Center. A “Wii Bowling Invitational Champions First Place Trophy” is at stake and has been honorably displayed at the two Centers at various times. The tournament not only brings the pride of being champions, but has evolved into a great friendship between the two Centers. The team is always looking for new members to join the fun and take part in some “friendly” competition. Please call the Center for more information. We hope to regain possession of our championship trophy. Feel free to come and support or Join in.

Wii Bowling Regular Weekly Matches

Mondays 12 Noon

Blood Pressure Clinics Board of Health Nurse Pam Morrill Starting in October. At the Senior Center in the Middle Office Walk-ins welcome.

Blood Pressure Mondays at 12:00 pm

Vaccination Clinic COVID-19 and Influenza, For ages 3 years old and up. Hosted by VaxinateRx and Healthcare Family Pharmacy. Pre-registrations is required to make an appointment visit the Town’s Webpage go to the Health Departments page, in the announcement section click on the updated Vaccination Clinic.

November 12th

Saturday

10:00 am to 12:00 pm

At Town Hall Gymnasium
235 North Street North Reading

Project Linus is Going Strong – Join Us! Project Linus is part of a National Organization of Volunteers that create handmade blankets to give to seriously ill or traumatized children, ages infant to 18 years. We knit, crochet or sew Linus “security” blankets! North Reading Police Department has partnered with Project Linus to create blankets that can be given to children in times of need. Coffee, tea, sweets and good conversations are always free. Project Linus knitters need donations of yarn. Thank You to those who have donated yarn in the past.

Project Linus First Friday of the month at 11:00 am

Movies Matinées

Movie Time is on a Thursday at 1 pm

October 13 th	Queen Bees
November 17 th	No Reservations
December 8 th	In and Out
January 19 th	CODA

Annual Self-Care Week with the Mental Wellness Action Team, in collaboration with community volunteers and other Town Departments. Activities will include: mindfulness, gentle movement, cooking, reading, and guided family fun. Follow North Reading Community Impact Team on social media platforms for more details. Also information will be posted at the Center and in the North Reading Transcript.

Activities will run the week of November 14th -18th

Emergency Alert System If you subscribe to an emergency response system such as Lifeline or Life Alert and you wear a necklace or bracelet to call for help, then we would recommend to install a lockbox on your home entryway. If the police or fire need to access your residence in the instance that you are unable to unlock the door, then they would use your key from the lock box to enter and get you the aid you need.

Lifeline Presentation by Winchester Hospital will be at the O'Leary Senior Center Call to sign up.

Lifeline Presentation
Tuesday November 15th at 12:45 p.m.

Lockboxes are available from the Fire Department Call the Fire Department non emergency number 978-664-3112 to set up an appointment to get a lockbox installed so that first responders can enter your home quickly during an emergency. You can call if you would like a **Smoke Detector Inspection**.

File Of Life is a magnetic folder that holds an information sheet that contains: Who to contact in case of emergency, what medical conditions exist, are there any allergies, and current medication list. First responders are trained to look for the folder which is the color red and stored on the refrigerator. They want to be able to get you the fastest care in an emergency. If you have a file and need a new sheet to fill out, contact the Center. Also if you need a File Of Life contact the Center. 978-664-5600

Community Connect with the Fire Department helps the Fire Department serve you better. You can visit the NRPD website to register your address with a contact phone number, list of household members, people with disabilities or special needs. If you or a loved one relies on Power operated equipment it is good to let the Fire Department know in advance of an emergency. For example: electric beds or chairs, or oxygen compressors and any other electric medical equipment it is important to let them know because someone can remain stuck in a chair or left without oxygen in a power outage.

Developmental Assets® is a research-based framework developed by Search Institute. Since starting in 1990, it has become one of the foundational frameworks in positive youth development and the most frequently cited and widely utilized in the world. Assets help increase protective factors, decrease risk factors, and prevent high risk behaviors. Grandparents can play an active role in developing these assets. Learn how with North Reading Drug-Free Communities Director Amy Luckiewicz and Mental Health/Substance Abuse Clinician Laura Miranda.

Developmental Asset Presentations
Wednesdays, Nov 30th, Dec 7th, Jan 18th at 1:00 pm

The Community Impact Team works with the North Reading Police to help citizens dispose of the unused prescription and over the counter medications. The CIT and Police will be available for a Drive-Thru Drug Drop off in the Senior Center Parking lot.

Saturday October 29th 9:00 am to 1:00 pm

You can also dispose of medications or sharps in the take-back kiosks located in the lobby of the North Reading Police Station. Available 24/7. This is a free and confidential service.

North Reading Police will come to your residence to pick up unwanted medication. Call 978-357-5064.

The Community Impact Team is offering free drug deactivation bags. These bags contain chemicals to render drugs inactive; they are re-sealable bags that can be disposed of safely in the trash.

Wellness Program with Laura Miranda LMHC The Time Is Now ! Have you found yourself wanting to make changes in your life, but have held back due to "XYZ..?" The time is now! Join Laura from the North Reading Police Department and Community Impact Team, to discuss ways to begin to make positive changes in your life and routines. Sign up for a hot lunch by Monday at noon then stay for the program.

Wellness Program Tuesday January 10th at 1:00 pm

Important Phone Numbers

Report Elder Abuse Operating 24/7 1-800-922-2275
Physical, Financial, Emotional suspected abuse
Mystic Valley Elder Services 781-324-7705
Meals on Wheels, Assistance with Home Care, Support for Seniors and their caregivers
Legal Services 1-800-342-5297
SNAP Food Stamps DTA Hotline 1-833-712-8027
Social Security Administration 1-800-772-1213
Medicare 1-800-633-4227

Mystic Valley Elder Services 781-324-7705 is a non-profit agency which partners with elders, adults living with disabilities, and caregivers. We are here to help you find what you need to live the way you want. We work one-on-one with older adults (60+) and adults of all ages living with disabilities to connect you to services that support your health and independence. We provide care management, coordinate services, and refer you to appropriate health care and home care providers. Call MVES 781-324-7705

Mystic Valley Elder Services' Social Engagement Program helps improve the health and well-being of isolated older adults in your community by pairing them with volunteers who provide meaningful social connections—whether it be through regular in-person visits, phone calls, card and letter writing, or email correspondence. Trained and carefully screened volunteers are matched with older adults for friendship and support. Matches are based on geography, availability, and the interests and preferences of both the senior and the volunteer. If you are an older adult who would like to learn more about the Social Engagement Program and be paired with a volunteer, please contact Linda Cornell, Social Engagement Program Coordinator, at 781-388-4839 or lcornell@mves.org. If you are interested in volunteering for the Social Engagement Program, please contact Nicole Sanders O'Toole, Volunteer Engagement Manager, at 781-388-2375 or nsotoole@mves.org.

Medicare Annual Open Enrollment October 15 – December 7. You will have a chance to change your plan for next year. If you never had a drug plan, this is your opportunity to join one. Call the Center to meet with the SHINE Counselor, appointment times are limited.

SHINE Serving Health Insurance Needs of Everyone, a trained SHINE counselor will offer free, confidential counseling about health insurance choices for Medicare beneficiaries, on a remote basis over the phone or make an appointment with the SHINE counselor here. The counselor is available on Tuesdays 9 a.m. to Noon. Please contact the Senior Center 978-664-5600.

Medicare 101: Turning 65? Getting ready to retire? What are Parts A, B, C & D all about? and plan to attend an informational presentation by Shine counselor John Costigan, to learn about what you need to do, if you are thinking about enrolling in Original Medicare, a Medicare Advantage plan or a Medicare Supplement. John's talk will include some information about open enrollment about making changes to drug plans.

Medicare Presentation Tuesday, Nov 8th at 1:00 pm

50+ Job Seeker is a networking group that meets regularly to participate in workshops. Our mission is dedicated to unemployed, and underemployed people re-entering the workforce after an employment gap or looking for a Second Act career. Registration is Required. Contact: Susan Drevitch Kelly, Program Director at susan@sdkelly.com Or call at 781-378-0520.

North Reading Council on Aging Board Members Needed: Our Board is currently looking to fill vacant seats. This is an advisory Board that works with the Director of the Senior Center. They meet once a month at the Center or on Zoom during Covid. If you are interested, address your letter to: Town Administrator Michael Gilleberto 235 North Street North Reading MA 01864

Friends of the Council on Aging, as you may know, is a fundraising organization for the benefit of the Edith O'Leary Senior Center in North Reading. Due to the pandemic our activities have been severely curtailed and our membership has suffered as a result. We are still an active organization and continue to support the Senior Center financially. Our most recent purchase was a double coffee service that benefits all who attend the Center. Come on down and see what the Friends are doing and reconnect with friends you may not have seen for the past 2 years. We also hope to bring back the famous Townwide Yard Sale in the Spring. More of us become Seniors every year. We benefit from your contributions to "In Memory of/in Honor Envelopes" to remember deceased loved ones. Another way to support us is to designate "Friends of North Reading Council on Aging" when shopping on Amazon through their Smile program – no additional cost to you and 0.5% of your purchase goes directly to support the Friends. Be safe and stay in touch with your Friends. We are resuming in-person meetings on alternate months.

Friends November Meeting Guest Speaker Bob Turosz Editor of the North Reading Transcript for many years will be speaking about his experiences and history of North Reading. Please Join Us

Friends Meeting Monday, November 14 at 7 pm

"In Memory of/In Honor of" Envelopes North Reading Friends of the Council on Aging. Donations will help us fund the good works of the Center and the population it services. Envelopes may be picked up at the Center during regular hours.

Are you a North Reading Veteran or a surviving spouse of a veteran? Please introduce yourself to the Veteran's Agent, Sue Magner, Retired Sergeant, United States Air Force. Sue's office hours are Mon. – Thurs. 8:00 a.m. to 4:00 p.m. and Friday 8:00 a.m. to 1:00 p.m. **978-357-5212**

Beginner Pickle ball Come see what this popular sport is all about! Similar to ping pong, badminton and tennis, this fun active game can be mastered by anyone with athletic skills. The fastest growing sport in the United States, Pickle ball is played on a court with lowered net, plastic whiffle ball and paddle. Participants should expect a fast paced workout. Bring your own paddle 6 week session Ages: 18 and up Dates: Session (1) Tues, 10/18 - 11/22 Session (2) Tues, 11/29 - 1/10 Time: 5:30-6:30 PM Cost: \$60.00 Location: Town Hall Gym. Also Disc Golf is a new program being offered at Ipswich River Park on the Ray's Meadow. Session (1) 10/17-11/7 Time: 9-10 am and (2) 10/24-11/14 Time: 10-11 am the Cost: \$85 . To sign up at <https://www.northreadingma.gov/parks-recreation> or at the Parks & Recreation at Town Hall

Flint Memorial Library 147 Park Street Every Tuesday from 10:00-12:00PM "Mah Jongg and Game Day" will be held in the library activity room. Mah Jongg will be played and taught during the meet-up as well as other board games of your choice. In addition to Mah Jongg, The Genealogy Meet-Up led by Pat Salt starts up again Wednesday October 12 and runs every two weeks. For anyone who doesn't own a computer or have internet access and is interested in our Virtual Events we have [Chromebook laptops](#) available to borrow and [FREE T-mobile Wifi hotspots](#) .

Friends of the Flint Memorial Library Book Sale Donating and purchasing books supports library programs, including children's summer reading and special guests, technology, and museum passes not funded by the town's operating budget. Please review the following donation guidelines to help us have a great sale: **Donations Drop off Nov 5, 6, 7 10- 2** What to donate? Books in great shape that you would buy at a book sale for yourself, your family, or to gift – both adult and children's. Very clean books especially wanted—both fiction and non-fiction. Books you loved and would like to share. CDs and DVDs will also be gladly accepted. What NOT to donate? Books in poor condition, smelly, moldy, or heavily marked. Textbooks, encyclopedias, condensed books, VHS tapes, magazines, travel books more than 5 years old, computer books more than 2 years old.

Book Sale November 9th –12th

Senior Echoes Chorus with Director Marsha Cutlip Did you sing in school or church choir or enjoy signing around the house, then come in Monday mornings and join the Chorus. Marsha is a great director and would love to have new members join. The Echoes sing at special events , assisted livings and various other venues. Music is good for mind, body and soul! Monday 10:30 a.m.

Watercolors with Bill Duke who has been teaching at the Center for years. Join in and paint a water color scene. All you need for the class is the desire to have some creative fun. No previous painting experience is necessary. The lesson is \$20 per person. Limited to 10 people.

Watercolors one Thursday a month 9 am to Noon

North Reading Food Pantry located next to the Union Congregational Church at 150 Haverhill Street. Hours are Mondays 9:30 – 11:00 a.m., and in the evening on the 1st and 3rd Monday 6:30 – 8:00 p.m. You are welcome to use the pantry if you are a resident of North Reading or attend a North Reading place of worship. Please bring an ID and proof of residency, such as a utility bill, with you at your first visit. Masks are required during Covid. For information call 978-276-0040

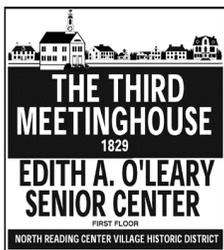
www.nrfoodpantry.org or nrfoodpantry@gmail.com

SNAP Supplemental Nutrition Assistance Program, (formally known as Food Stamps) is our country's most powerful nutrition program. Every person who applies for SNAP— and is eligible— will receive it! Once enrolled, you will receive a monthly cash benefit on an EBT card that can be used just like a debit card for food shopping. For more information call 1-800-645-8333 Hotline Hours Monday Friday 8 a.m. - 7 p.m.

www.mass.gov/topics/food-assistance Questions call the Senior Center at 978-664-5600.

Norcam Inc your local cable channel is a 501(c)(3) corporation chartered to create a television facility that will operate the PEG access channels assigned to North Reading by Verizon and Comcast. Our government access related programs are broadcast on channels 22 Comcast and 24 Verizon. Public related programs are broadcast on channels 8 Comcast and 26 Verizon. Educational related programming is broadcast on Channels 99 Comcast and 28 Verizon. Norcam will record events and talks at the Senior Center and put them on cable. They will also run PSA Public Service Announcements about future events being offered in town.

All the citizens of North Reading are eligible to receive training in videography, editing, and studio production. They may borrow equipment after they are certified in its use and may produce shows that will be aired on Norcam's channels.



NORTH READING ELDER AFFAIRS
157 PARK STREET
NORTH READING, MA 01864

2022 Volume 53

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Address Service Requested

Save the Date

Oct 27 "Magic of Halloween" Magician Henri Marchand
Nov 1 Tuesday Hot Lunches Start
Nov 2 Wastewater Project Presentation
Nov 8 Medicare Presentation, Voting St Theresa's
Nov 9-12 Friends of the Library Book Sale
Nov 10 Veterans Dinner
Nov 11 Flag Pole Celebration Veterans Purple Heart
Nov 11 Center Closed
Nov 12 Vaccination Clinic
Nov 14 Bob Turosz Presentation
Nov 15 Lifeline Presentation
Nov 17 Tewksbury Veterans Dinner
Nov 20 Hillview Dinner
Nov 22 Fall Festival Party Highwaymen Songs & Stories
Dec 5 Special Town Meeting
Dec 15 Holiday Party Delvina Theatre A Christmas Carol
Dec 20 Real ID Presentation
Jan 10 Making Changes Presentation

Stay in touch and keep informed: Visit the Town of North Reading's Web Page under Departments and Elder Affairs. Check the weekly **North Reading Transcript** for the articles and programs being offer at our Senior Center. Look for public service announcements on **NorCam** Cable Access and follow us on Facebook North Reading Elder Services.

Save The Date: November 20th Annual Thanksgiving Celebration

We are thrilled to have the annual dinner back indoors at the Hillview Country Club. The afternoon will feature a Thanksgiving buffet dinner, music & dancing.

Sponsored by Representative Brad Jones, Linda Jones &
Senator Bruce Tarr
Sunday November 20th
1:00 p.m.

Festive Buffet Thanksgiving Dinner
Hillview Country Club, 149 North Street
Reservations Required

Please RSVP by **Monday Nov 14** as space is limited. Call the Center 978-664-5600 to make your reservation. This event is for North Reading residents seniors only.

For those that can, we ask that you would consider bringing a nonperishable donation from the list below for the North Reading Food Pantry. The Food Pantry currently is over-stalked with canned vegetables; please do not bring them.

Priority List:

- Tuna fish
- Boxes of oatmeal (with individual packets)
- Canned pasta with meat (ie spaghetti o's, meat ravioli)
- Kleenex tissues
- Ziplock bags
- Snacks: both family size and individual size.